



UNION COUNTY

Melanie Bealmear,
County Extension Agent, Family and Consumer Sciences

BUILDING STRONG FAMILIES FOR KENTUCKY 2014



OUR FOCUS

Family and Consumer Sciences Extension is committed to improving the health and well-being of individuals and families in Union County. To help families make wise decisions, our educational programs focus on:

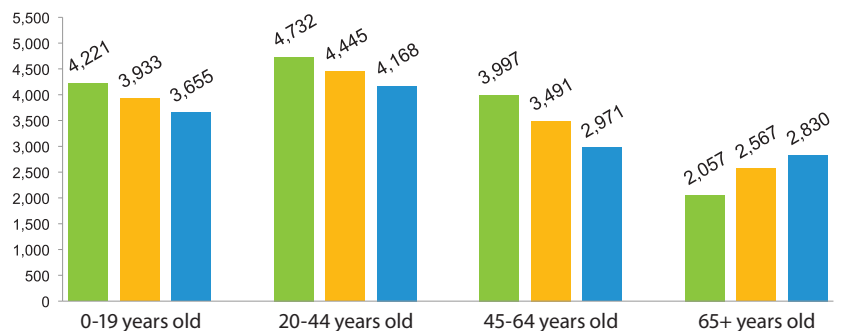
- **Making Healthy Lifestyle Choices** that influence health and well-being
- **Nurturing Families** as they cope with fewer resources and more demands
- **Embracing Life as We Age** to strive for independence longer
- **Securing Financial Stability** in a turbulent economic period
- **Promoting Healthy Homes and Communities** to recycle, reduce waste, and protect our environment
- **Accessing Nutritious Food** that is affordable, available and safe
- **Empowering Community Leaders** as we all work to sustain and improve our communities

In 2012-2013, Family and Consumer Sciences Extension made **4,521** contacts with Union County individuals and families.²

<http://hes.uky.edu/StrongFamilies>

OUR PEOPLE

Union County projected population¹



SPOTLIGHT ON ...

BIGGEST LOSER

Nearly two-thirds of all Americans are either overweight or obese, according to the Centers for Disease Control. Kentucky ranks as the fifth heaviest in the nation, with adult obesity rates of 26.7 percent. It is one of 31 states whose obesity rates rose in the past year. To help combat the overweight/obesity epidemic, the Union County Cooperative Extension Service held a Biggest Loser contest. Eight teams of five and 11 individuals participated. Educational information from "Weight the Reality" series was circulated to each team member weekly. All participants weighed in every week to record their progress. Total weight loss of participants was 2,214 pounds. During the 10-week challenge, a weekly Zumba and walking class was held at the Union County Extension Office. Ten to 15 participants chose to take advantage of the class.

FAMILY ACCESS

According to the 2007-2011 American Community Survey,³ in Union County...

- **17.9%** (+/- 4.2) of families with children were below poverty
- **15.6%** (+/- 5.5) of those ages 65 and over were below poverty
- **20.5%** (+/- 3.3) of households had retirement income
- **8.8%** (+/- 2.3) of households had no vehicle

The USDA Food Environment Atlas⁴ indicates that in 2010, Union County had **897** people, **184** children and **71** seniors with low access to a supermarket or large grocery store.*

In addition, **669** residents had **both** low income **and** low access to stores.

As a result of participating in Union County Extension programs:²

- **285** people demonstrated an increase in practical living skills.
- **20** people utilized healthy food delivery systems and access points.
- **135** people increased leadership knowledge and skills.

COMMUNITY AVAILABILITY

In 2011, Union County had:

- **6** Grocery stores (any kind)⁵
 - **5** Grocery/supermarkets (except convenience)⁵
 - **1** Convenience store (i.e. food marts – no gas)⁵
- **11** Gasoline stations with convenience stores⁵

In the county, there were:

- **4** Roadside markets that served the county⁶
- **1** Farmers market location⁷
- **22** SNAP** authorized stores (food stamps)⁴
- **3** WIC*** authorized stores⁴

In 2011, there were **\$189,538.73** in SNAP redemptions/per SNAP authorized store in Union County.⁴

As a result of participating in Union County Extension programs:²

- **225** people increased knowledge of healthy food consumption.
- **200** people increased knowledge of lifestyle changes to improve personal health.
- **295** people reported eating more healthy foods.

FOOD ASSISTANCE

In Union County...

- **1,018** was the average monthly number of children who received SNAP** (food stamps) in 2011, up from **804** children in 2007 (**up 26.6%**).⁹
- **59.0%** of students attending public schools were eligible for free or reduced-price meals.⁹
- There were **1,237** SNAP cases and the monthly SNAP benefit level was **\$274.37**.⁸

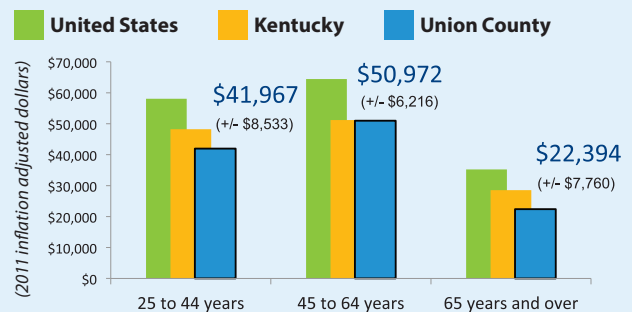
Union County is served by Tri-State Food Bank of the Ky. Assoc. of Food Banks.¹⁰

As a result of participating in Union County Extension programs:²

- **100** people in Plate it Up! Kentucky Proud indicated they are more likely to buy produce.
- **650** families/caregivers were reached with information on accessing healthy foods.
- **185** youth increased their knowledge of healthy food consumption.

HOUSEHOLD INCOME

Median household income in past 12 months by age of householder in Union County (2007-2011)³



SOURCES

- ¹ Kentucky State Data Center
- ² Kentucky Cooperative Extension Service Reporting, FY 2013
- ³ 2007-2011 American Community Survey, 5-Year Estimates
- ⁴ USDA, Economic Research Service. <http://www.ers.usda.gov/data-products/food-environment-atlas.aspx>
- ⁵ US Dept of Commerce, County Business Patterns, 2011.
- ⁶ Kentucky Farm Bureau. <https://www.kyfb.com/federation/markets>
- ⁷ Kentucky Dept. of Agriculture Farmer's Market directory. <http://www.kyagr.com/marketing/farmers-market-directory.aspx>
- ⁸ Kentucky Cabinet for Health and Family Services, Data Book, June, 2013. http://chfs.ky.gov/dcbcs/data_book.htm
- ⁹ Kids Count Data Center, KY Youth Advocates.
- ¹⁰ Kentucky Association of Food Banks. <http://www.kafb.org>
- ** Supplemental Nutrition Assistance Program
- *** The Special Supplemental Nutrition Program for Women, Infants and Children